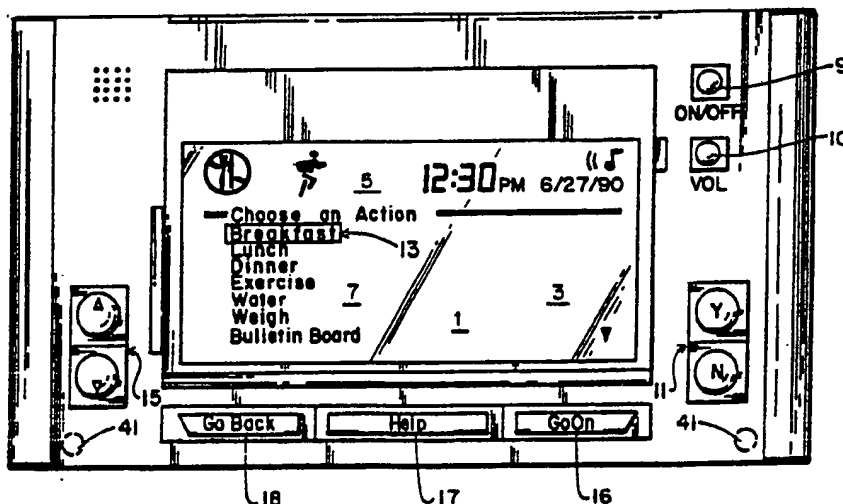




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(54) Title: METHOD AND APPARATUS TO CONTROL DIET AND WEIGHT USING HUMAN BEHAVIOR MODIFICATION TECHNIQUES



(57) Abstract

In the preferred embodiment, a hand-held computer (2) prepares and monitors a goal-oriented weight, nutrition and exercise control program. Visual (5) and audio prompts (140) tell users when to eat and exercise, and provide suggestions for what to eat. The computer (2) assists the user in setting safe goals for desired weight loss and the time required to achieve the loss. The user follows menu and exercise programs suggested by the computer. The computer records and analyzes the user's food consumption, exercise and weight loss programs (800). Finally, the computer displays feedback information (1300, 1400) regarding the user's progress towards achieving the desired weight.